

## Conclusion

Poor health can often be attributed to a person's behavior and lifestyle. With this in mind, risk prevalence data collected by the Behavioral Risk Factor Surveillance System allows the South Dakota Department of Health to identify populations at risk for poor health in the future. Therefore, intervention efforts can be designed to meet the unique needs of those who are at risk. Furthermore, by following the changes that develop over time, the department will be able to monitor the progress of these efforts. An overview of the key behavior risk factors from 1994 to 2006 is summarized below in Table 98. Table 99, page 212-213, is a summary of the *Healthy People 2010 National Health Objectives* that can be compared with data from this survey. The arrows indicate if South Dakota is higher or lower than the objectives.

**Table 99**  
**Summary of South Dakota's Proportion of Adult Population at Risk, 1994-2006**

	2006	2005	2004	2003	2002	2001	2000	1999	1998	1997	1996	1995	1994
<b>Alcohol Use:</b>													
Drank in Past 30 Days	56.3%	58.6%	58.3%	60.8%	59.9%	61.3%	NA	58.6%	NA	55.5%	NA	47.0%	NA
Binge Drinking	18.1%	18.0%	17.0%	19.0%	18.5%	18.5%	NA	17.4%	NA	20.9%	NA	14.5%	NA
Heavy Drinking	3.8%	4.3%	3.7%	4.5%	4.6%	3.9%	NA	3.0%	NA	3.2%	NA	2.0%	NA
<b>Arthritis</b>													
Arthritis	NA	27.9%	NA	28.8%	NA	22.1%	NA	NA	NA	NA	NA	NA	NA
Arthritis with Limited Activities	NA	13.4%	NA	13.4%	NA	NA	NA	NA	NA	NA	NA	NA	NA
<b>Asthma:</b>													
Current Asthma	7.7%	7.3%	6.7%	7.3%	5.9%	5.3%	5.6%	NA	NA	NA	NA	NA	NA
Current Asthma (0-17)	NA	5.6%	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
<b>Breast and Cervical Cancer Screening:</b>													
No Mammogram Within Past Two Years (40+)	25.8%	NA	24.0%	22.9%	24.1%	23.7%	24.0%	27.9%	28.1%	31.0%	34.1%	37.0%	34.0%
No Clinical Breast Exam Within Past Two Years	20.7%	NA	17.6%	18.8%	17.4%	15.9%	17.5%	NA	NA	NA	NA	NA	NA
Insufficient Cervical Cancer Screening	14.9%	NA	12.7%	14.6%	13.7%	12.4%	11.5%	14.6%	13.7%	15.0%	15.9%	15.5%	14.2%
<b>Cancer Diagnosis</b>													
Diagnosed with Cancer in the Past 12 Months	1.9%	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
<b>Cardiovascular Disease:</b>													
Previously Had a Heart Attack	5.0%	4.5%	4.6%	NA	4.2%	NA	NA	NA	NA	NA	NA	NA	NA
Angina or Coronary Heart Disease	4.3%	4.4%	5.3%	NA	3.9%	NA	NA	NA	NA	NA	NA	NA	NA
Previously Had a Stroke	2.4%	2.8%	2.3%	NA	2.0%	NA	NA	NA	NA	NA	NA	NA	NA
<b>Colorectal Cancer Screening</b>													
No Blood Stool Test Within Past Two Years (50+)	77.3%	NA	73.5%	NA	70.8%	69.0%	NA	74.8%	NA	78.3%	NA	NA	NA
Never Had Sigmoidoscopy or Colonoscopy (50+)	44.1%	NA	49.7%	NA	58.2%	54.9%	NA	54.5%	NA	62.4%	NA	57.3%	NA
<b>Diabetes:</b>													
Diabetes	6.5%	6.4%	6.6%	7.1%	6.3%	6.1%	5.7%	4.9%	3.1%	3.8%	4.3%	2.9%	4.3%
Diabetes (0-17)	0.3%	0.5%	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA

**Table 99 (continued)**  
**Summary of South Dakota's Proportion of Adult Population at Risk, 1994-2006**

	2006	2005	2004	2003	2002	2001	2000	1999	1998	1997	1996	1995	1994
<b>Disability:</b>													
Physical, Mental, or Emotional Disability	19.0%	19.0%	17.2%	18.8%	NA	16.8%	NA	NA	NA	NA	NA	NA	NA
Disability with Special Equipment Needed	5.8%	6.2%	5.4%	5.7%	NA	5.6%	NA	NA	NA	NA	NA	NA	NA
<b>Environmental Factors:</b>													
Sick From Poor Indoor Air Quality in Past Year	NA	NA	17.3%	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
Sick From Outdoor Air Pollution in Past Year	NA	NA	6.1%	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
<b>Fall</b>													
Injured in a Fall	4.8%	NA	NA	4.9%	NA	NA	NA	NA	NA	NA	NA	NA	NA
<b>Family Planning:</b>													
Not Currently Using Birth Control (Females 18-44, Males 18-59)	NA	NA	15.8%	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
<b>Firearms:</b>													
Firearm in Household	NA	NA	59.9%	NA	60.4%	56.6%	NA	NA	NA	NA	51.3%	NA	NA
Loaded and Unlocked Firearm in Household	NA	NA	4.3%	NA	4.1%	2.2%	NA	NA	NA	NA	3.2%	NA	NA
<b>General Health Status:</b>													
Fair or Poor Health	11.6%	12.8%	12.6%	13.0%	12.9%	12.6%	12.1%	13.1%	11.7%	11.3%	11.5%	12.8%	12.8%
Physical Health Not Good for 30 Days of the Past 30	5.0%	5.8%	5.0%	5.4%	NA	4.8%	5.2%	NA	NA	NA	NA	NA	NA
Mental Health Not Good for 20-30 Days of the Past 30	4.7%	5.3%	5.6%	4.4%	NA	5.1%	4.6%	NA	NA	NA	NA	NA	NA
Usual Activities Unattainable for 10-30 Days of the Past 30	5.9%	5.5%	5.8%	5.7%	NA	5.2%	4.9%	NA	NA	NA	NA	NA	NA
Dissatisfied with Life	2.8%	3.7%	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
<b>Health Insurance</b>													
No Health Insurance (18-64)	10.5%	9.4%	9.3%	10.4%	9.4%	10.0%	9.6%	NA	NA	NA	NA	NA	NA
No Health Insurance (0-17)	2.5%	2.6%	2.6%	3.6%	3.2%	3.8%	5.7%	NA	NA	NA	NA	NA	NA
No Health Insurance (0-64)	8.2%	7.3%	7.2%	8.3%	7.5%	8.1%	8.4%	NA	NA	NA	NA	NA	NA
<b>HIV/AIDS:</b>													
Never Been Tested for HIV (18-64)	78.9%	74.5%	71.4%	70.8%	71.1%	68.6%	65.6%	68.6%	72.5%	63.6%	73.8%	74.9%	73.2%
<b>Hypertension and Cholesterol</b>													
Hypertension	NA	25.1%	NA	24.8%	25.2%	24.1%	NA	23.8%	NA	20.6%	20.0%	20.6%	NA
Cholesterol	NA	34.0%	NA	31.2%	29.3%	29.5%	NA	29.1%	NA	25.5%	NA	25.0%	NA
<b>Immunization:</b>													
No Flu Shot (65+)	25.9%	23.7%	23.1%	22.1%	25.8%	25.9%	29.1%	26.4%	NA	34.4%	NA	39.9%	34.0%
No Flu Shot (0-17)	NA	73.9%	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
No Pneumonia Shot (65+)	35.0%	33.7%	33.8%	36.3%	43.3%	40.8%	46.6%	49.6%	NA	59.4%	NA	68.5%	67.6%
<b>Oral Health:</b>													
No Dentist Visit in Past Year	30.5%	NA	27.9%	NA	27.6%	NA	NA	34.3%	NA	32.3%	28.4%	NA	NA
No Dentist Visit in Past Year (1-17)	NA	20.9%	NA	26.9%	NA	26.6%	30.9%	NA	NA	NA	NA	NA	NA

**Table 99 (continued)**  
**Summary of South Dakota's Proportion of Adult Population at Risk, 1994-2006**

	2006	2005	2004	2003	2002	2001	2000	1999	1998	1997	1996	1995	1994
<b>Overweight and Obesity:</b>													
Overweight or Obese (BMI = 25.0+)	64.2%	62.8%	61.8%	60.1%	60.6%	59.4%	58.8%	59.3%	51.5%	56.3%	53.4%	53.7%	53.0%
Obese (BMI = 30.0+)	25.4%	25.5%	23.8%	22.9%	21.2%	21.2%	19.8%	19.6%	15.8%	17.0%	14.7%	13.9%	14.4%
<b>Physical Activity and Nutrition::</b>													
No Leisure Time Physical Activity	24.0%	22.5%	19.0%	21.7%	23.8%	25.4%	26.7%	NA	33.3%	NA	34.8%	38.5%	30.7%
No Moderate Physical Activity	NA	52.4%	NA	53.5%	NA	55.8%	NA	NA	NA	NA	NA	NA	NA
No Vigorous Physical Activity	NA	76.5%	NA	78.0%	NA	79.3%	NA	NA	NA	NA	NA	NA	NA
Less Than Five Servings of Fruits and Vegetables	NA	79.5%	NA	81.0%	79.3%	NA	80.1%	77.3%	80.0%	76.9%	76.1%	NA	79.1%
Heard of "Healthy South Dakota" Program	36.0%	30.9%	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
<b>Prostate Cancer:</b>													
No PSA Test Within Past Two Years (40+)	45.6%	NA	46.9%	NA	46.2%	51.2%	NA	NA	NA	NA	NA	NA	NA
No Digital Rectal Exam Within Past Two Years (40+)	44.7%	NA	45.5%	NA	44.5%	43.0%	NA	NA	NA	48.4%	NA	NA	NA
Prostate Cancer (40+)	4.4%	NA	4.0%	NA	4.5%	3.7%	NA	NA	NA	NA	NA	NA	NA
<b>Seat Belt Use</b>													
Lack of Seat Belt Use	NA	NA	NA	23.7%	22.4%	NA	NA	NA	32.1%	31.2%	29.3%	49.6%	52.0%
<b>Special Health Conditions in Children:</b>													
Special Health Conditions in Children (0-17)	9.0%	11.8%	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
<b>Sun Exposure:</b>													
Sunburn in Past Year	NA	NA	42.9%	44.3%	NA	NA	NA	43.0%	NA	NA	NA	NA	NA
<b>Television Viewing:</b>													
Three or More Hours of TV Watched Per Day	NA	40.5%	39.3%	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
<b>Tobacco Use:</b>													
Current Cigarette Smoker	20.3%	19.8%	20.3%	22.7%	22.6%	22.3%	21.9%	22.5%	27.2%	24.3%	20.7%	21.8%	20.9%
Smokeless Tobacco	5.8%	6.4%	NA	6.8%	NA	5.7%	NA	NA	NA	NA	5.4%	4.9%	5.5%
<b>West Nile Virus:</b>													
No West Nile Virus Precautions	43.9%	30.2%	31.0%	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 1994-2006

**Table 100**  
**Summary of Healthy People 2010 National Health Objectives**

<u>Objective</u>	<u>South Dakota</u> <b>2006</b>	<u>Healthy People</u> <u>Targets</u> <b>2010</b>
<b><u>Overweight and Obesity</u></b>		
Reduce the percent of adults who are overweight or obese	64.2% ↑	55.0%
Reduce the proportion of adults aged 20 years and older who are obese	25.4% ↑	15.0%
<b><u>Physical Activity</u></b>		
Reduce the proportion of adults who engage in no leisure time physical activity	24.0% ↑	20.0%
<b><u>Tobacco Use</u></b>		
Reduce the proportion of adults who smoke cigarettes	20.3% ↑	12.0%
<b><u>Diabetes</u></b>		
There was no stated Healthy People 2010 Objective	None	None
<b><u>Asthma</u></b>		
There was no stated Healthy People 2010 Objective	None	None
<b><u>Breast and Cervical Cancer Screening</u></b>		
Decrease the proportion of women aged 40 years and older who have not received a mammogram within the preceding 2 years	25.8% ↓	30.0%
Decrease the proportion of women aged 18 years and older who have not received a Pap test in the preceding 3 years.	14.9% ↑	10.0%
<b><u>Prostate Cancer</u></b>		
There was no stated Healthy People 2010 Objective	None	None
<b><u>Colorectal Cancer Screening</u></b>		
Decrease the proportion of adults age 50 and older who have never received a sigmoidoscopy or colonoscopy	44.1% ↓	50.0%
<b><u>Cancer Diagnosis</u></b>		
There was no stated Healthy People 2010 Objective	None	None
<b><u>Alcohol Use</u></b>		
Reduce the proportion of adults engaging in binge drinking	18.1% ↑	6.0%
<b><u>Health Insurance</u></b>		
Decrease the proportion of persons not insured	10.5% ↑	0.0%
Decrease the proportion of children not insured	2.5% ↑	0.0%

**Table 100 (continued)**  
**Summary of Healthy People 2010 National Health Objectives**

<u>Objective</u>	<u>South Dakota</u> <b>2006</b>	<u>Healthy People</u> <u>Targets</u> <b>2010</b>
<b><u>Immunization</u></b>		
Decrease the proportion of adults age 65 years and older who are not vaccinated annually against influenza	25.9% ↑	10.0%
Decrease the proportion of adults age 65 years and older who have never been vaccinated against pneumococcal disease	35.0% ↑	10.0%
<b><u>Oral Health</u></b>		
There was no stated Healthy People 2010 Objective	None	None
<b><u>West Nile Virus</u></b>		
There was no stated Healthy People 2010 Objective	None	None
<b><u>Seat Belt Use</u></b>		
There was no stated Healthy People 2010 Objective	None	None
<b><u>Cardiovascular Disease</u></b>		
There was no stated Healthy People 2010 Objective	None	None
<b><u>General Health Status</u></b>		
There was no stated Healthy People 2010 Objective	None	None
<b><u>Disability</u></b>		
There was no stated Healthy People 2010 Objective	None	None
<b><u>Falls</u></b>		
There was no stated Healthy People 2010 Objective	None	None
<b><u>HIV/AIDS</u></b>		
There was no stated Healthy People 2010 Objective	None	None
<b><u>Special Health Conditions in Children (0-17)</u></b>		
There was no stated Healthy People 2010 Objective	None	None

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2006

